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MONROE INSTITUTE EXPERIENCE REPORT: THE SYLVIA INCIDENT

by Donald Grieve

For Donald Grieve, the overall result of attending Lifeline®, as well as the Gateway Voyage® and Guidelines®, has been “to better understand that life should be relished as an experience rather than endured as an ordeal!” He does still find that experiences like dental visits fall outside that philosophy, although Focus 12 helps somewhat. Donald also feels he has “developed some understanding of what life is like beyond the present physical time-space” and “some idea of the purpose of our physical lives.” However, the greatest impact by far “has been the personal knowledge that there is in fact life after death.” Donald bases this knowledge on the events described below and other adventures in Focus 23 and Focus 27.

During the *Lifeline* program (actually on Thursday morning, December 3, 1992), we did a Focus 23/Focus 27 retrieval session. As I reported at the subsequent debriefing session, I had a completely unexpected meeting in Focus 23. I was just cruising along, when I suddenly came upon Bob, the former president of our company, who retired in 1989. Bob and I had been friends since 1956, although I had not seen much of him since his retirement.

He was extremely well organized, had a great zest for life, and planned to live to be at least 100 years old. We were all sadly shocked and surprised when he suddenly developed pancreatic cancer early in 1991 and died within six weeks. At the time, I could only assume that he had been spiritually impatient to get on with further adventures. I was, therefore, totally amazed to encounter Bob still in Focus 23 in December, 1992. In the strangely carefree atmosphere that pervades the higher levels, we greeted each other.

“Hi, Bob,” I said. “What the heck are you, of all people, still doing down here in Focus 23? There are miles better places to operate from! I’m not even dead, and I’ve been exploring all sorts of levels. In fact, I have a place in Focus 27 that would be a great hangout for you to start from.”

Bob replied, “Actually, I like Focus 23. From here, I have been able to stay very close to Sylvia [his wife]. Also, I have been able to see what you guys are getting up to with the company!”

He laughed about this.

“Well, Bob, why don’t you at least try Focus 27? You could always come back down here again.”

“Heck, I’ll give it a whirl. Show me!”

At this stage, I remembered Bob Monroe's advice that souls you are leading up to Focus 27 can sometimes be attracted to the vibrations of an intermediate level and suddenly depart while en route. Hence, I asked Bob, "Before we go, do you have any messages you would like to pass on?"

"Yes," he responded. "Please give my love to Sylvia." This seemed a pretty generic message, so I continued, "Bob, could you at least give me some special sign for Sylvia so she will know for sure it is from you?"

Bob pondered for a moment, and then I got a very clear vision of Sylvia wearing a bright red dress. The material was silky but had a texture woven into it. The belt was very wide on one side but tapered down so that it was narrow on the other. (When I first saw the dress, the belt seemed to be of the same material as the dress. Later, when writing my notes, it seemed that it could be very soft black calfskin. However, it was definitely very wide on one side and narrow on the other.) Sylvia looked radiant in the dress, and it made an extremely strong impression on me. It was certainly a very special dress, and I wondered if Sylvia had been wearing it when they first met or something like that. Bob and I then took off for our journey to Focus 27. However, on our way up, Bob suddenly and happily dived off into Focus 25.

The Rest of the Story

Sylvia was traveling overseas when I got back. However, early this year (1993) I arranged to have a quiet talk with her. Sylvia is a very talented and attractive person who is active in volunteer work involving speech/hearing therapy and plays the piano. Spiritually, she could be described as a middle-of-the-road, church-going Christian. I was not sure how my story of heavy meditations and after-death-discussion with her late husband was going to go down! In any event, I cheerfully proceeded to describe The Monroe Institute®, Hemi-Sync®, and my various adventures in Gateway, Guidelines, and Lifeline. Sylvia listened intently and choked back tears as I finally described my meeting with Bob.

When I mentioned the red dress, she wept but bravely hung in there until I had completed my story. It was a tremendously emotional experience for both of us.

Then Sylvia said, "Don, I know exactly what you are talking about when you describe that red dress. It was always Bob's favorite dress, and on any special occasion he would say, 'Sylvia, why don't you wear the red dress?' The red dress was some thing special for him and for me. In fact, I can show you the red dress."

With that, Sylvia walked off into the bedroom and came back with the red dress on a hanger. It was bright red silk that had a texture woven into it. The belt was of the same material as the dress. The belt was very wide on the one side and tapered down to a narrower width on the other side . . .

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